

We Claim:

1. A method for reducing the number and severity of acne lesions on the skin of a mammal comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an anti-acne composition comprising an anti-acne agent.
2. A method according to claim 1, wherein the anti-acne composition is administered orally or topically.
3. A method according to claim 2, wherein the anti-acne composition is administered topically and the anti-acne agent is selected from salicylic acid, sulfur, lactic acid, glycolic acid, pyruvic acid, urea, resorcinol, N-acetylcysteine, retinoic acid, benzoyl peroxide, octopirox, triclosan, azelaic acid, phenoxyethanol, phenoxypropanol, flavinoids, derivatives thereof, and mixtures thereof.
4. A method according to claim 3, wherein the anti-acne agent is selected from benzoyl peroxide, salicylic acid, and mixtures thereof.
5. A method according to claim 2, wherein the anti-acne agent is a pharmaceutical compound selected from isotretinoin and tretinoin, adapalene, tazarotene, azelaic acid, minocycline, doxycycline, erythromycin and clindamycin and mixtures thereof.
6. A method according to claim 2, wherein the anti-acne composition is administered orally and is isotretinoin.
7. A method according to claim 2, wherein the anti-acne composition further comprises an antibacterial agent.
8. A method according to claim 1, wherein the sensory regimen is selected from the group consisting of auditory stimuli, visual stimuli, tactile stimuli, gustatory stimuli and olfactory stimuli, and combinations thereof.
9. A method according to claim 8, wherein the sensory regimen comprises olfactory stimuli provided by an effective amount of a relaxing fragrance present in the anti-acne composition.
10. A method according to claim 9, wherein the sensory regimen further includes visual stimuli comprising soft lighting.

11. A method according to claim 10, wherein the sensory regimen further includes auditory stimuli comprising music.
12. A method according to claim 1, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising soaking in a bath fragranced with a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music.
13. A method according to claim 12, wherein the sensory regimen further includes visual stimuli comprising soft lighting.
14. A method according to claim 1, wherein the reduced activity of the HPA axis results in a reduction in adrenocortical hormone levels of said mammal.
15. A method of improving the quality of life of an individual by use of the method of claim 1.
16. A method for ameliorating the inflammation of acne lesions on the skin of a mammal comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an anti-acne composition comprising an effective amount of an anti-acne agent.
17. A method according to claim 16, wherein the anti-acne composition is administered orally or topically.
18. A method according to claim 17, wherein the anti-acne composition is administered topically and the anti-acne agent is selected from salicylic acid, sulfur, lactic acid, glycolic acid, pyruvic acid, urea, resorcinol, N-acetylcysteine, retinoic acid, benzoyl peroxide, octopirox, triclosan, azelaic acid, phenoxyethanol, phenoxypropanol, flavinoids, derivatives thereof, and combinations thereof.
19. A method according to claim 18, wherein the anti-acne is selected from benzoyl peroxide, salicylic acid, or a combination thereof.

20. A method according to claim 16, wherein the anti-acne agent is a pharmaceutical compound selected from isotretinoin and tretinoin, adapalene, tazarotene, azelaic acid, minocycline, doxycycline, erythromycin and clindamycin and mixtures thereof.
21. A method according to claim 20, wherein the anti-acne composition is administered orally and is isotretinoin.
22. A method according to claim 17, wherein the anti-acne composition further comprises an antibacterial agent.
23. A method according to claim 16, wherein the sensory regimen is selected from the group consisting of auditory stimuli, visual stimuli, tactile stimuli, gustatory stimuli and olfactory stimuli, and combinations thereof.
24. A method according to claim 23, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising smelling a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music.
25. A method according to claim 24, wherein the sensory regimen further includes visual stimuli comprising soft lighting.
26. A method according to claim 16, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising soaking in a bath fragranced with a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music for at least 10 minutes.
27. A method according to claim 26, wherein the sensory regimen further includes visual stimuli comprising soft lighting.
28. A method according to claim 16, wherein the reduced activity of the HPA axis results in a reduction in adrenocortical hormone levels of a mammal.
29. A method of improving the quality of life of an individual by use of the method of claim 16.
30. A method of improving the skin tone of a mammal, comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an anti-acne composition comprising an effective amount of an anti-acne agent.

31. A method according to claim 30, wherein the anti-acne composition is administered orally or topically.
32. A method according to claim 31, wherein the anti-acne composition is administered topically and the anti-acne agent is selected from salicylic acid, sulfur, lactic acid, glycolic acid, pyruvic acid, urea, resorcinol, N-acetylcysteine, retinoic acid, benzoyl peroxide, octopirox, triclosan, azelaic acid, phenoxyethanol, phenoxypropanol, flavinoids, derivatives thereof, and combinations thereof.
33. A method according to claim 32, wherein the anti-acne agent is selected from benzoyl peroxide, salicylic acid, or a combination thereof.
34. A method according to claim 31, wherein the anti-acne is a pharmaceutical compound selected from isotretinoin and tretinoin, adapalene, tazarotene, azelaic acid, minocycline, doxycycline, erythromycin and clindamycin and mixtures thereof.
35. A method according to claim 34, wherein the anti-acne composition is administered orally and is isotretinoin.
36. A method according to claim 31, wherein the anti-acne composition further comprises an antibacterial agent.
37. A method according to claim 30, wherein the sensory regimen is selected from the group consisting of auditory stimuli, visual stimuli, tactile stimuli, gustatory stimuli and olfactory stimuli, and combinations thereof.
38. A method according to claim 37, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising smelling a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music.
39. A method according to claim 38, wherein the sensory regimen further includes visual stimuli comprising soft lighting.
40. A method according to claim 30, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising soaking in a bath fragranced with a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music.

41. A method according to claim 40, wherein the sensory regimen further includes visual stimuli comprising soft lighting.
42. A method according to claim 30, wherein the reduced activity of the HPA axis results in a reduction in adrenocortical hormone levels of a mammal.
43. A method of improving the quality of life of an individual by use of the method of claim 30.
44. A method for the treatment of skin disorders comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an anti-acne composition, wherein said treatment comprises at least two of the following: (a) reducing the number and severity of acne lesions on the skin of a mammal; (b) ameliorating the inflammation of acne lesions on the skin of a mammal; and (c) improving the skin tone of a mammal.
45. A method for the treatment of stress-related skin diseases selected from the group consisting of atopic dermatitis, seborrheic dermatitis, psoriasis, itch, wound healing, fine lines, wrinkles, pigmentation, and combinations thereof, comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an active agent.
46. A method according to claim 45, wherein the stress-related skin disease is caused by chronic stress.
47. A method for reducing stress and improving the emotional well being of an acne sufferer, the method comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal in combination with the administration of an anti-acne composition.
48. A method according to claim 47, wherein the stress is chronic stress.
49. A method for reducing the visual appearance of shine on human skin comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of the human.
50. A method according to claim 49, further including the administration of an anti-acne composition.

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